

— CHILDREN'S MENU —



Jumpstarters

RISE AND SHINE QUESADILLA 6.95
scrambled eggs | melted cheddar
whole-wheat tortilla | fun toppings
served with a glass of low-fat milk

**GLUTEN FREE
BLUEBERRY CINNAMON FRENCH TOAST 6.95**
pineapple | mango | fresh herbs | honey

PANCAKES 5.95
whole wheat or plain | granola | maple syrup | fruit sauces

**SCRAMBLED EGGS
AND CHICKEN SAUSAGE 6.95**
fruit skewer | toast

All Day

SHAKEN CHOPPED SALAD 6.95
roasted chicken | vegetables | quinoa | yogurt basil dressing
served with a glass of low fat milk

GRILLED PITA SNACK TRAY 6.95
hummus | mozzarella | celery | apple

HOUSE CHOPPED SALAD 6.95
cucumber | tomato | carrot

GLUTEN FREE CHICKEN TENDERS 6.95
breaded chicken breast tenders | ranch dressing
fresh fruit or organic carrots

ORGANIC TURKEY BURGER 6.95
fresh fruit | ketchup
**grass fed beef burger available upon request*

**GRILLED STEAK, CHICKEN
OR FISH OF THE DAY 8.95**
roasted potatoes | vegetable | garden salad

*Half portions of select adult menu items
are available to children at 50% of the cost.*

THOUGHTFULLY SOURCED | CAREFULLY SERVED

Quick Sips

LOW FAT MILK (FREE REFILLS) 1.95

STRAWBERRY BANANA SMOOTHIE 4.95

BOTTLED WATER 1.95